

Running Log & 5K Plan

Training log, 8-week 5K plan and race diary

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- 01** Start with the 5K plan
- 02** Log every run
- 03** Track races and shoes

Check with your doctor before starting a new training plan.

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Race 1	Race 2	Race 3	Race 4
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My running goals

Start date

Goal race / distance

Goal time

Runs per week

Why I run